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Strategy

Ideas

Leadership

CANVADREDEL

Mission & Purpose

Trends

Creative Pursuits

T SHARE



reading through many vegan cookbooks over the years, my mission was to create one that focused on nourishing the whole self—body, mind, and spirit —with delicious recipes full of nutrition and flavor. My intention with writing

Yecenia, thanks for taking the time to share your stories with us

today Can you tell us the backstory behind how you came up

I wanted to write a cookbook I'd actually want to read. After disappointedly

"Sweet & Savory Life" was to share a simple, accessible, and yummy

I started on this plant-based journey in March of 2010. During this particular

I was tired of feeling sluggish and just crappy in my body as a whole. I was

ready for radical change. I knew I needed to do something different, and I

The reasons behind why people decide to go vegan or vegetarian vary from

person to person. My decision was based on my desire to improve my

knew that changing my diet was at the center of it all.

But ultimately, I wanted to be an example to my kids.

compilation of recipes that ignite passion, encourage spontaneity, engage the senses, and inspire creativity in the kitchen!

with the idea?

season in my life, I had come to a bit of a crossroads. I was in the middle of watching an episode of The Oprah Winfrey Show about this whole "vegan diet" thing, and I had a come-to-Jesus moment! I instinctively knew in that

moment-this was for me.

health and overall well-being.

nourishes from the inside out.

cooking with each shared story and recipe.

I wanted healthy eating and living to be one of the legacies I left to my children.

or whether what they choose to eat is "right" or "wrong." I'm much more

This was a very heartfelt & intentional project so, throughout the book, I

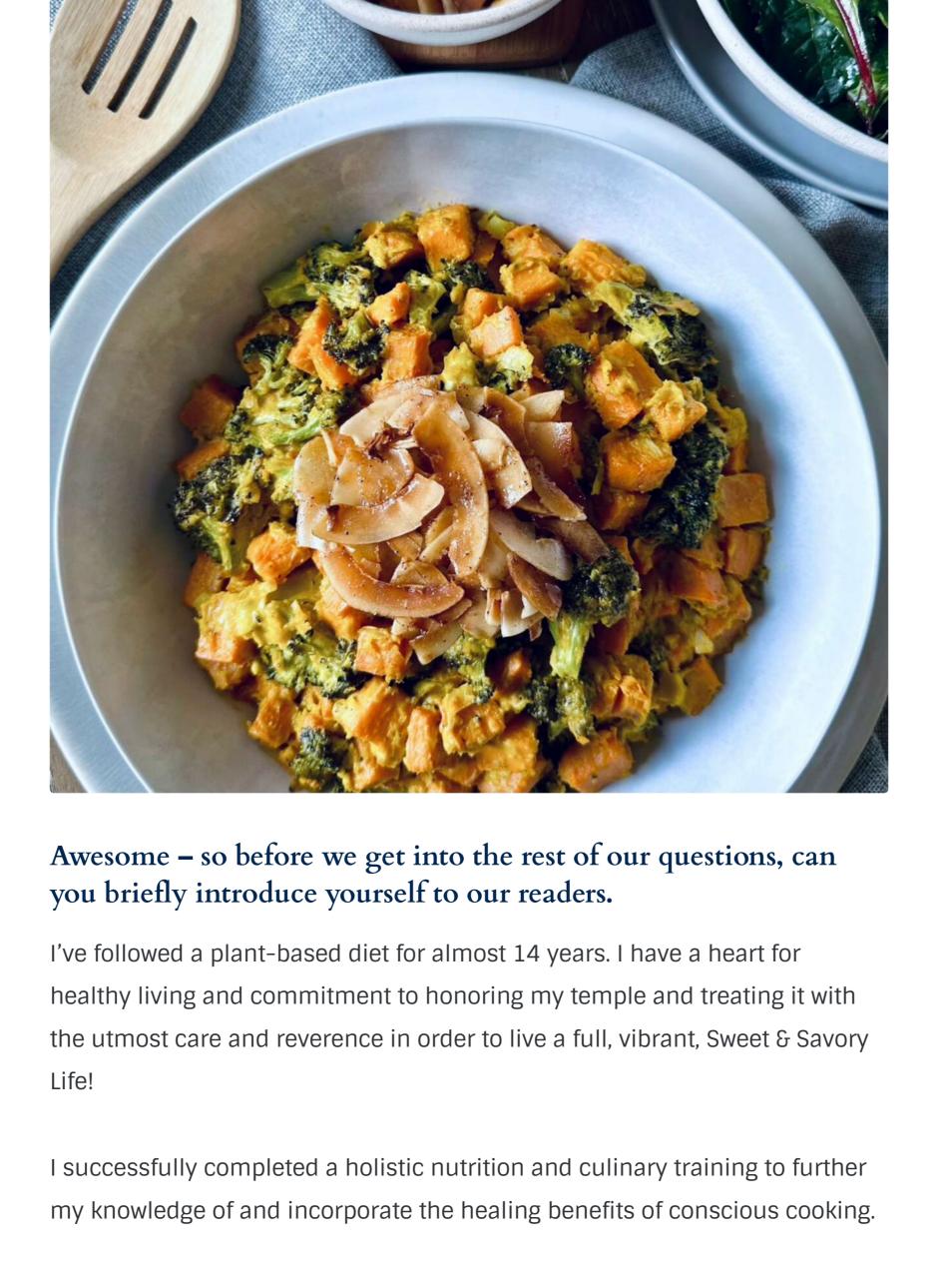
sprinkled in some personal stories, practical tips, and holistic food for

thought. My intention is to plant seeds of vitality and health-conscious

I believed this was a worthwhile endeavor for all these reasons and more.

interested in sharing the flavor and beauty of eating good food that

And I hope readers feel the essence of my heart when reading through the book and preparing the dishes for themselves and their loved ones.

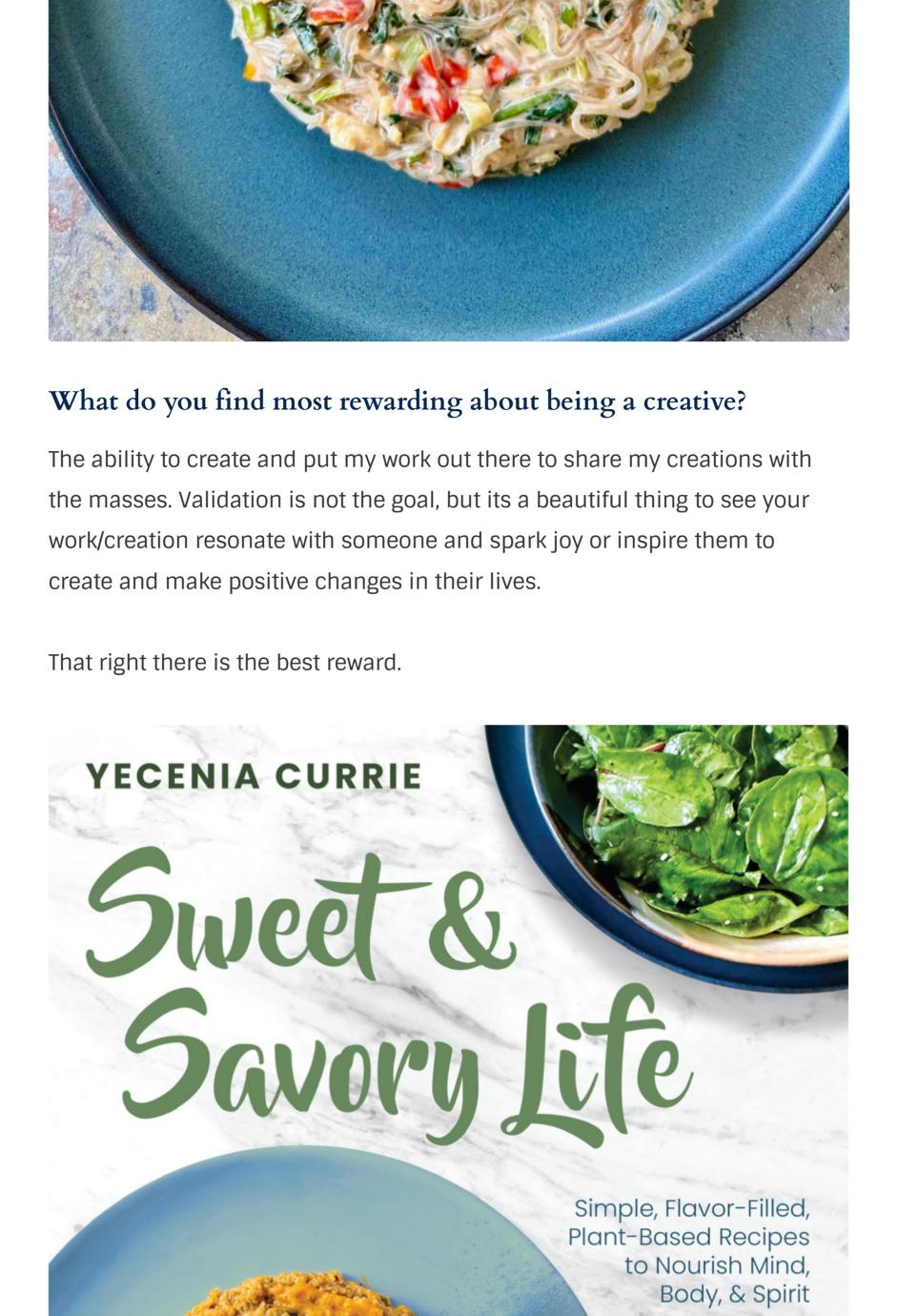


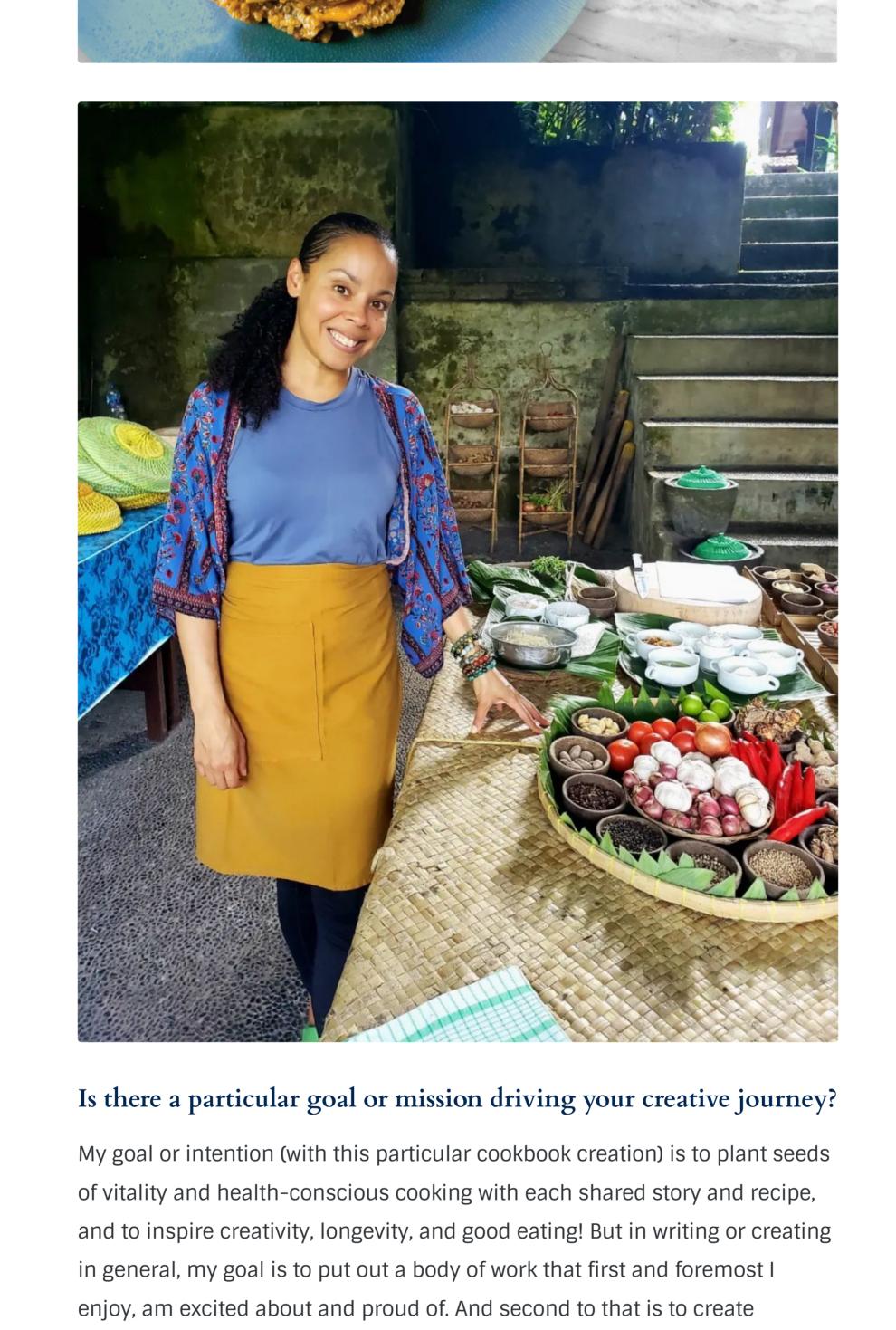
In 2014 I became a certified yoga instructor to deepen my daily practice and

My husband and I have traveled to over 45 countries to date. In fact, my

help support others on their mind-body wellness journey.

travels have inspired many of my creations in the kitchen.





• Website: yeceniacurrie.com • Instagram: @sweetandsavorylife • Youtube: https://youtube.com/@RogerYecenia?si=IU14XU74fU5yAjvf **Image Credits** Yecenia Currie, Roger Currie, Trilogy Publishing Suggest a Story: CanvasRebel is built on recommendations from the

community; it's how we uncover hidden gems, so if you or someone you

know deserves recognition please let us know here.

something that in some way moves, impacts, or inspires the person

consuming it.

Contact Info:

 PREVIOUS Meet Edwin Fry Meet Kate Shantz De 15 de janeiro

Até -50% em Roupa de Cama, Têxtil de Banho, Mesa e Cozinha,

Colchões e mais! Até 29/02!

PREVIOUS

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I'm not in the business of telling anyone what they should or shouldn't eat